

**AMENDMENTS TO THE CLAIMS**

Please cancel claims 1 and 22-24 such that the status of pending claims 2-21 is as follows:

1. (Canceled)

2.(Previously Provided) A method of holding a fluid comprising:

providing a container having a bottom end and a sidewall extending from the bottom end to define a main body, the container having a rim located at an upper perimeter of an opening defined by the main body of the container;  
providing a supportive strap having a first end and a second end with the first end secured to the container, the supportive strap being at least partially elastic and extending along but outwardly spaced from the sidewall to form a pocket between the supportive strap and the sidewall;  
inserting an appendage through the pocket wherein the supportive strap elastically urges the appendage against the sidewall; and  
introducing fluid into the container.

3.(Original) The method of claim 2, and further comprising:  
securing the second end of the supportive strap to the bottom end of the container.

4.(Original) The method of claim 3, and further comprising:  
adjusting a length of the supportive strap wherein a size of the pocket is likewise adjusted.

5.(Original) The method of claim 2, and further comprising:  
providing a fluid applicator tool;  
inserting the fluid applicator tool into the fluid within the container; and  
applying the fluid to a surface with the fluid applicator tool.

- 6.(Original) The method of claim 5, and further comprising:  
providing a retainer for securing at least a portion of the fluid applicator tool  
within the container.
- 7.(Original) The method of claim 6, wherein the retainer is a magnet.
- 8.(Original) The method of claim 2, wherein the appendage is selected from the group  
consisting of a hand of a user, a wrist of a user, an arm of a user, and a belt of a user.
- 9.(Original) The method of claim 2, wherein the fluid is selected from the group consisting of  
paint, stain, adhesive and varnish.
- 10.(Original) The method of claim 5, wherein the applicator tool is a brush.
- 11.(Previously Provided) A method for applying a coating material comprising:  
providing a container having a bottom end and a sidewall to define a main body,  
the container having an opening with a perimeter defined by the main  
body of the container;  
attaching a strap to the sidewall and bottom end, wherein at least a portion of the  
strap is elastic;  
inserting a hand through the strap to engage with the sidewall of the container and  
the strap;  
introducing a coating material into the container;  
providing an applicator tool;  
inserting the applicator tool into the coating material; and  
applying the coating material to a surface with the applicator tool.

- 12.(Original) The method of claim 11 wherein the inserting a hand step further comprises:  
inserting a hand between the strap and the sidewall, wherein the strap flexes to  
urge the hand into engagement with the sidewall of the container and the  
strap.
- 13.(Original) The method of claim 11, wherein the attaching step further comprises:  
adjusting a length of the strap.
- 14.(Original) The method of claim 11, and further comprising:  
providing a retainer for securing at least a portion of the applicator tool within the  
container.
- 15.(Original) The method of claim 14, wherein the retainer is a magnet.
- 16.(Original) The method of claim 11, wherein the coating material is selected from the group  
consisting of paint, stain, adhesive, and varnish.
- 17.(Original) A method for applying a fluid from a container to a surface, the container having  
an outer surface and an inner surface, the method comprising:  
providing an adjustable strap having a first end and a second end, the first end  
being fixedly attached to the container;  
securing the second end of the strap to the container;  
aligning a user's hand between the strap and the outer surface of the container so  
that the strap urges the hand against the outer surface of the container and  
stabilizes the container with respect to movement relative to the hand;  
pouring fluid into the container;  
inserting a tool into the fluid in the container;  
removing the tool from the fluid; and

applying the fluid with the tool to the surface.

18.(Original) The method of claim 17, wherein the securing step further comprises:  
adjusting a length of the strap.

19.(Original) The method of claim 18, wherein the adjusting step further comprises:  
adjusting the position of the second end of the strap relative to the container.

20.(Original) The method of claim 17, wherein the fluid is selected from the group consisting of  
paint, stain, varnish, and adhesive.

21.(Original) The method of claim 17, wherein the tool is a brush.

22-24.(Canceled)